

(12) United States Patent

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(54) DOOR-MOUNTED PORTABLE EXERCISE **APPARATUS**

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ABSTRACT (57)

A door-mounted portable exercise apparatus having a nonelastic adjustable strap that extends vertically around a door. An attached connector maintains the adjustable strap in a snug position around the door. A first anchor and a second anchor are secured to the adjustable strap by a re-enforcing strap near the top edge of the door. When the door is closed, the first anchor is positioned near the junction of the closing face of the door and the door frame, and the second anchor is positioned near the junction of the opening face of the door and the door frame. At least two non-elastic loops are attached near the top and bottom of the adjustable strap by short strips on the closing side of the door. Elastic bands of various tensions can be attached to or passed through at least one non-elastic loop of the apparatus to permit a wide range of exercise motions by a user.

5 Claims, 8 Drawing Sheets

